

What is a Workshop?

A workshop may be a single session, two full-day sessions over a weekend, or require multiple sessions over a period of time. Workshops are designed to teach or introduce participants to practical skills, techniques, or ideas which they can then use in their work or their daily lives. Participants influence the direction of the workshop and have a chance to practice the techniques, skills, etc. that are presented. There is a good deal of discussion in addition to hands on participation.

How to Enroll in a Particular Workshop

Call or email your *name*, your *phone number*, and the *name of the workshop* you wish to attend. Payment is in advance for workshops and due by 5pm two days prior to the first day of the workshop. Cash, check, credit/debit cards accepted. Credit/debit card payment can be done by phone at (972) 865-7891.

WORKSHOPS

Take Control of Your Anger

Anger creating problems for you at home or work? Find yourself apologizing to family and friends more often? Feel like your anger has a mind of its own? Learn to take control of your anger. This one-day class will help you understand your anger, discover triggers that cause "blow-ups," and learn ways to channel the anger in a more healthy manner.

Take Control of Your Anger workshops are held the 1st Saturday of every month at the Commerce office. Times are 9am - 4pm with a break for lunch. Registration is \$200.00 and must be paid before registration closes at 5pm the Thursday before the class. Doors close at exactly 9am. Seating is limited.